

MONDAY



Italian Chicken Sheet
Pan Supper

WEDNESDAY



Healthy Shrimp Scampi

FRIDAY



Pork Tenderloin With
Potatoes, Tomatoes
and Spinach

GROCERIES

8 bone-in, skin-on chicken thighs	1 crusty ciabatta bread loaf	1 tablespoon capers
1 pork tenderloin	1 pint cherry tomatoes	1 1/2 teaspoons paprika
3/4 pound baby potatoes	1 lemon	1 teaspoon ground cumin
3/4 pound large shrimp	1 shallot	1 teaspoon dried parsley flakes
8 garlic cloves	1 1/2 cup olive oil	1 teaspoon dried basil
6 ounces chickpea pasta spaghetti	1/2 cup chopped parsley	1/2 teaspoon black pepper
6 black olives, chopped	1/4 cup low-sodium chicken broth	1/4 teaspoon ground allspice
2 cups mixed cherry tomatoes	1/4 cup balsamic vinegar	1/4 teaspoon ground turmeric
2 cups baby spinach	1/4 cup dry white wine	1/4 teaspoon salt
1 pound green beans	1/4 cup multi-grain croutons	1/4 teaspoon crushed red pepper
	1 1/2 tablespoons grated lemon zest	
	1 tablespoon lemon juice	

TUESDAY, THURSDAY
AND THE WEEKEND

- Use your leftovers to create these meals
- Try creating a super salad or a Buddha bowl using your leftovers